**Wrestling Cautionary Statement**

**Preparation for practice or contest:**

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Both outer and under garments should be appropriate for humidity and temperature.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
8. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Remove all jewelry and metal hair fasteners.
10. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the LHSAA guidelines.
11. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach or athletic trainer.
12. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician’s approval prior to participation in any practice session.
13. No horseplay, roughhousing, hazing or initiations.

**In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

**Travel to contest / practice site:**

1. Be alert to:
   1. slippery floors
   2. variations in surfaces of locker room, ramps, cinder, or artificial surfaces.
   3. other large equipment items in the general area.
   4. the location of cabinet, fire extinguishers, and other building equipment, and the proximity of walls to mats.
   5. ongoing drills or wrestle-offs.
2. Do not drive an opponent into the mat with unnecessary force on takedown.
3. When you lift a fellow competitor off the mat you are responsible for his safe return. Be careful.
4. Do not bend a joint more than its normal range of motion.
5. The following are prohibited holds or tactics:
   1. double arm bar, full nelson
   2. some freestyle takedowns, e.g., straight-back suplay or salto
   3. trips where the opponent is forcibly thrown
6. Weight control or weight reduction programs should not be undertaken without the approval of the coach.
7. Do not accept rides home from strangers.
8. If ill or light headed, notify coach. Do not practice.
9. Be alert for possible hazards.
10. No horseplay, roughhousing, hazing or initiations
11. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.

**Hazards specific to wrestling:**

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.
4. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
5. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

**Emergencies**

Because of the nature of wrestling, some injuries will occur. All injuries must be called to a coach or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
   1. helping with the injured person.
   2. calling for additional assistance.
   3. bringing first aid equipment.
   4. keeping onlookers away.
   5. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
   1. Evacuate and remain outside the building.
   2. Move and remain 150 feet away from the building.
   3. Be prepared to implement the emergency procedures outlined in #4.